

**RADIO  
ISSUES-PROGRAM DAILY REPORTS**

**ENTRAVISION HOLDINGS, LLC  
2425 OLYMPIC BLVD. STE 600  
SANTA MONICA, CA. 90404-4030**

**Alex El Genio Lucas  
APRIL 1, 2015 to June 30, 2015**

**EL SHOW DE ALEX EL GENIO LUCAS  
JOSE NETWORK 4-10 AM MONDAY-SATURDAY  
JOSE KLYY 97.5/103.1 FM 4-10 AM MONDAY-FRIDAY**

**April 1, 2015**

**Issue: Health Care**

Itchy scalp

Program: Alex el Genio Lucas

When: April 1, 2015 at 9:07 am

Description: you can end an itchy scalp all you need are 5 potatoes, 1 liter of water, 1 tbs of sodium carbonate, 10 drops of eucalyptus, and a glass vase. Boil the potatoes into water when they're done remove potatoes and add the 10 drops of eucalyptus oil, and the tablespoon of sodium carbonate. Place in fridge and when ready to shower massage into hair and leave in for 15 mins. This will last you for a month.

**April 2, 2015**

**Issue: Health Care**

Soft skin

Program: Alex el Genio Lucas

When: April 2, 2015 at 9:08 am

Description: Mix 3 tablespoons of milk, 3 drops of vanilla, and 3 tablespoons of brown sugar. Mix in very well. Place on face and massage in for 15 minutes. Once you're done wash with cold water. You can do this once a week.

**April 3, 2015**

**Issue: Health Care**

Headaches/Migraines

Program: Alex el Genio Lucas

When: April 3, 2015 at 9:12 am

Description: If you suffer from daily headaches especially if you're stressed then you have to have this remedy ready. All you need is mint oil. When you start feeling the initial pounding of the headaches, massage the oil on the back of your neck and frontal lobes.

**April 7, 2015**

**Issue: Nothing to report**

Program: Alex el Genio Lucas

When: April 7, 2015

**April 8, 2015**

**Issue: Health Care**

Teeth Whitening

Program: Alex El Genio Lucas

When: April 8, 2015 at 6:08 am

Description: Rosmar gave a quick advice for those who want to have their teeth whitened. They will need one apple and pine Apple juice. Cook the Apple when the apple is soft, then remove the skin. Combine the apple sauce and the pineapple juice mix well. Use this before you brush your teeth regularly. Do it for 15 days and you will be shocked at the results.

**April 9, 2015**

**Issue: Health Care**

Exfoliate

Program: Alex el Genio Lucas

When: April 9, 2015 at 9:10 am

Description: If you want to make your skin looking younger and have a nice glow you can do a homemade exfoliant. All you need is a cup of sesame seeds, a cup of sea salt water, and a 1/2 cup of almond oil. Place the sesame seeds in a pan and stir until you can start seeing the oils come out then add the sea salt and lastly the almond oil. Mix all ingredients together, let them cool enough so you can place on skin. Once you're done you rise with warm water. You can do this once a week.

**April 10, 2015**

**Issue: Nothing to Report**

Program: Alex el Genio Lucas

When: April 10, 2015

**April 13, 2015**

**Issue: Health Care**

**Blood pressure**

Program: Alex el Genio Lucas

When: April 13, 2015 at 6:10 am

Description: If you want to maintain healthy blood pressure all you need is to eat a banana daily or a banana in plain yogurt. If you don't like bananas, then a glass of orange juice daily will be good too. You should be able to see results with in a week

**April 14, 2015**

**Issue: Health Care**

Gastritis Discomfort

Program: Alex el Genio Lucas

When: April14, 2014 at 6:13 am

Description: To get rid of discomfort drink a juice every morning. The juice consists of carrots, 1/2 a big potato with skin, and three celery sticks. Place all ingredients in a juicer and drink it daily. You should start seeing g results in a month.

**April 15, 2015**

**Issue: Health Care**

Biliary Colic

Program" Alex el Genio Lucas

When: April15, 2014 at 7:13 am

Description: To get rid of Biliary colic pain, you are going to need 1/2 a liter of water, 30 grams parsley, and 50 grams chamomile. You need to boil the water for 5 minutes, once its boiled you add the parsley and the chamomile Let it boil for another few minutes. Finally filter so you're only left with the water. Drink 3 cups a day for a month.

**April 16, 2015**

**Issue: Nothing to report**

Program: Alex el Genio Lucas

When: April16, 2014

**April 17, 2015**

**Issue: Health Care**

Throat infection with pain

Program: Alex el Genio Lucas

When: April 17, 2014 at 7:06 am

Description: To help your throat all you need is water, thyme, lemon, and honey. Place the thyme and water in pot & have over heat for 5 mins, then add the lemon with skin. Allow all the ingredients to boil for 10 mins the let it cool for another 15 mins. When you drink make sure to add two tbs of honey.

**April 18, 2015**

**Issue: Nothing to report**

Program: Alex el Genio Lucas

When: April 18, 2014

**April 20, 2015**

**Issue: Health care**

**Weight Loss**

Program: Alex el Genio Lucas

When: April 20, 2014 at 8:07 am

Description: To help with weight loss you can make this drink. All you need is 3 lemons, 3 radishes, 2 celery sticks, 1 cucumber without skins. Squeeze the lemon into a blender with the rest of the ingredients. Drink the juice in an empty stomach before breakfast. Drink for 9 days and take 5 days off, keep repeating the process. Don't take if you have ulcers or gastritis.

**April 21, 2015**

**Issue: Health care**

**Diminish stretch marks**

Program: Alex el Genio Lucas

When: April 21, 2014 at 6:07 am

Description: To get rid or diminish stretch marks all you need is water and 20 grapes. You squash the 20 grapes into a purée and once you have it, done place it in the affected area. Daily leave in for 20 minutes then rinse with warm water. Then apply arnicare (arnica) cream once effected area is dry.

**April 22, 2015**

**Issue: Health care**

Anxiety / Anxiety Attacks

Program: Alex el Genio Lucas

When: April 22, 2014 at 7:12 am

Description: Learn how to calm down in a natural way. All you need is 30 grams of flowers, 1L of water, and 2 small peaches. Boil the water and the flowers for 5 mins then add the 2 small peaches. Remove from heat after 10 mins and let it simmer for 5 to cool. Drink the water every 4 hrs.

**April 23, 2015**

**Issue: Nothing to report**

Program: Alex el Genio Lucas

When: April 23, 2014

**April 24, 2015**

**Issue: Nothing to report**

Program: Alex el Genio Lucas

When: April 24, 2014

**April 27, 2015**

**Issue: Health Issue**

**Ear ache**

Program: Alex el Genio Lucas

When: April 27, 2014 at 8:11 am

Description: If you have an ear ache, all you need to lessen the pain is garlic. Squeeze all the juice out of the garlic and use it as drops. All you need are 2 or 3 drops twice a day of pain continues go to the doctor.

**April 28, 2015**

**Issue: Health care**

**Arthritis on hands**

Program: Alex el Genio Lucas

When: April 28, 2014 at 6:13 am

Description: If you suffer from arthritis in the hands all you need is castor oil. Castor oil helps lower the pain and inflammation. Massage hands twice a day and leave in.

**April 28, 2015**

**Issue: Health care**

Reduce sugar levels

Program: Alex el Genio Lucas

When: April 28, 2014 at 9:16 am

Description: If you have sugar problems drinking aloe vera juice will help lower your sugar. Make sure the aloe is cold. Extract the pulp and drink it once a day once you get more comfortable with the treatment you can take it up to 3 times a day.

**April 29, 2015**

**Issue: Health care**

Eye Redness

Program: Alex el Genio Lucas

When: April 29, 2014 at 5:12 am

Description: If you have problems with constant redness in the eye(s) all you need is a cucumber. Make sure you've placed the cucumber in the fridge for a few hours prior to use. The cucumber needs to be really cold. Once is cold cut in circles and place over eyes. You can repeat as many times as you like.

**April 29, 2015**

**Issue: Healthcare**

Acid reflex/ ulcers

Program: Alex El Genio Lucas

When: April 29, 2015 at 6:03 am

Description: Having problems with acid reflex? Rosemar have a quick way to help it. All you need is 1/2 of cabbage. Place it in juice and drink everyday.

**April 29, 2015**

**Issue: Healthcare**

Immigration

Program: Alex El Genio Lucas

When: April 29, 2015 at 9:17 am

Description: Immigration lawyer was asked if someone that has DACA could travel outside the U.S.? He said yes under code 1832 but only for these 3 reasons: Work, education and last, an emergency. You need to purchase a money order for \$360 for immigration, your proof of why you're traveling, and some forms.

**April 30, 2015**

**Issue: Nothing to report**

Program: Alex El Genio Lucas

When: April 29, 2015

**CURVAS PELIGROSAS CON LUZ MARIA BRISEÑO**

**JOSE NETWORK 11AM-12PM MONDAY-FRIDAY**

**JOSE KLYY LOS ANGELES 12-1 PM 97.5/103.1 FM MONDAY-FRIDAY**

**April 1, 2015**

**Issue: Health Care**

Neurologic deceases

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 1, 2015 at 11:46 am

Description: Those who suffer from neurological deceases, need to consume organic foods because its more natural, and had no pesticides. No fats at all.

**April 1, 2015**

**Issue: Health Care**

Thyroid problems

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 1, 2015 at 12:26 pm

Description: A caller asked for advice for her daughter who suffers from thyroid problems. Luz Maria suggested for her daughter to eat many vegetables, especially vegetables.

**April 2, 2015**

**Issue: Health Care**

Inflammation

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 2, 2015 at 11:24 am

Description: Inflammation throughout the body, its best to give your self massages every 15 to 20 minutes while taking herbal baths.

**April 2, 2015**

**Issue: Health Care**

Ribcage pains and stomach burning

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 2, 2015 at 12:20 pm

Description: She suggested dropping anything that contains chili, also dropping chocolate, no coffee, ect. She needs to eat nutritionally and eat at a timely manner. Pro biotics are strongly suggested.

**April 6, 2015**

**Issue: Health Care**

Testimonials

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 6, 2015 at 11:10 am

Description: Every Monday she has listeners/guests call from all over the US who give their testimonials, on how they've began to exercise, eat healthy and start losing weight. This motivates those who are listening to do the same.

**April 6, 2015**

**Issue: Health Care**

Testimonials

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 6, 2015 at 12:10 am

Description: Every Monday she has listeners/guests who give their testimonials on air, on how they've began to exercise, eat healthy and start losing weight. This motivates those who are listening to do the same.

**April 7, 2015**

**Issue: Health Care**

Program: Curvas Peligrosas with Luz Maria Briseño

Supplements

When: April 7, 2015 at 11:07 am

Description: Luz Maria took a call from a listener in El Paso TX. Who had a question regarding supplements. She suggested to take them with her foods and at the same time, made her specialized everyday menu.

**April 7, 2015**

**Issue: Health Care**

Hormones and anxiety

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 7, 2015 at 12:22 pm

Description: A caller had an issue regarding hormonal balance and irregular menstrual periods. Luz Maria made her a specialized menu for her to follow for breakfast, lunch and dinner. This will help her out with her hormonal issues and anxiety

**April 8, 2015**

**Issue: Health Care**

Panic attacks

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 8, 2015 at 11:44 am

Description: A caller asked why she gets easily nervous and suffers from panic attacks. Luz Maria advised for her to eat at her proper hours, reduce her sugars and stop drinking sodas. She suggested to see a doctor because it can be gastritis.

**April 8, 2015**

**Issue: Health Care**

Colon Polyps

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 8, 2015 at 12:23 pm

Description: She talked about colon polyps. She suggested to see a doctor, because if not treated early, they can become cancerous. In the mean while, she recommended to eat as healthy as possible, depending on your individual weight. Everybody is different, so therefore, listeners need to follow a good health and avoid such issues, by having good eating habits.

**April 9, 2015**

**Issue: Health Care**

Tiredness/Fatigue

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 9, 2015 at 11:09 am

Description: A listener called in to ask for advice regarding her fatigue. Since she feel tired most of the day, according to her she changed her diet, in order to help out her hormonal system. From there on, Luz Maria made her a specialized everyday menu for her to follow and help out a bit more with her issue.

**April 9, 2015**

**Issue: Health Care**

Drink milk at night

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 9, 2015 at 12:22 pm

Description: A caller asked if its good to drink milk before going to sleep. It's a very good protein to take before going to sleep because its good for the nervous system. The body absorbs it better.

**April 10, 2015**

**Issue: Health Care**

Insomnia

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 10, 2015 at 11:09 am

Description: a caller from Colorado mentioned she has a long time eating healthy, but she suffers from insomnia. Luz Maria mentioned that maybe her hormonal system maybe off. She needs to control her stress because its not taking her nutrients very well. That may be the issue that's not helping her sleep well at night.

**April 10, 2015**

**Issue: Health Care**

Diabetes Type 1

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 10, 2015 at 12:30 pm

Description: The body does not produce insulin. Some people may refer to this type as insulin-dependent diabetes, juvenile diabetes, or early-onset diabetes. People usually develop type 1 diabetes before their 40th year, often in early adulthood or teenage years.

**April 13, 2015**

**Issue: Health Care**

Testimonies

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 13, 2015 at 11:07 pm

Description: Monday of live testimonies, where listeners share their stories on how they lost weight and continued with nutrition, following Luz Maria's advice.

**April 13, 2015**

**Issue: Health Care**

Testimonies

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 13, 2015 at 12:05 pm

Description: Description: Monday of live testimonies, where listeners share their stories on how they lost weight and continued with nutrition, following Luz Maria's advice.

**April 14, 2015**

**Issue: Health Care**

Anxiety

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 14, 2015 at 11:08 am

Description: It causes nervousness, fear, apprehension, and worrying. These disorders affect how we feel and behave, and they can manifest real physical symptoms. Mild anxiety is vague and unsettling, while severe anxiety can be extremely debilitating, having a serious impact on daily life.

**April 14, 2015**

**Issue: Health Care**

Anxiety

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 14, 2015 at 12:05 pm

Description: These feelings of anxiety and panic interfere with daily activities, are difficult to control, are out of proportion to the actual danger and can last a long time. Symptoms may start during childhood or the teen years and continue into adulthood.

**April 15, 2015**

**Issue: Health Care**

Omega 3

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 15, 2015 at 11:26 am

Description: Two crucial ones EPA and DHA are primarily found in certain fish. ALA (alpha-linolenic acid), another omega-3 fatty acid, is found in plant sources such as nuts and seeds. Not only does your body need these fatty acids to function, but also they deliver some big health benefits. Omega 3 is good to consume because it helps with anxiety.

**April 15, 2015**

**Issue: Health Care**

Iron

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 15, 2015 at 12:30 pm

Description: A listener just had a physical but was low on Iron. Iron is a mineral that's necessary for life. Iron plays a key role in the making of red blood cells, which carry oxygen. You can get iron from food and from supplements. If you don't have enough iron, you may develop anemia, a low level of red blood cells.

**April 16, 2015**

**Issue: Health Care**

Glutamic acid

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 16, 2015 at 11:04 am

Description: Glutamic Acid is important in the metabolism of sugars and fats, and aids in the transportation of potassium into the spinal fluid and across blood-brain barrier. Although it does not pass the blood-brain barrier as readily as glutamine does, it is found at high levels in the blood and may infiltrate the brain in small amounts. The brain can use glutamic acid as fuel.

**April 16, 2015**

**Issue: Health Care**

Water Retention

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 16, 2015 at 12:03 pm

Description: Water retention is caused by fluid build up in body tissues. The legs, ankles and feet are prone to water retention. However, this problem can occur anywhere in the body. For most people, water retention isn't a serious medical concern. However, there is a small chance that water retention is caused by underlying medical issues.

**April 17, 2015**

**Issue: Health Care**

Protein during breakfast

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 17, 2015 at 11:22 am

Description: The reason why you need high protein breakfast foods is because your body cannot store protein. So, when there is a lack of protein in the body, there is nothing for it to draw on. Consuming high proteins during breakfast can provide adequate supply for one day. Fish, nuts, dairy products are good choices of protein.

**April 17, 2015**

**Issue: Health Care**

Special testimonial show

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 17, 2015 at 12:05 pm

Description: Luz Maria had a special show, where she had the coordinators of all her social media health clubs. She had each of them share their testimonials of why they wanted to lose weight and follow nutrition.

**April 20, 2015**

**Issue: Health Care**

Digestive issues

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 20, 2015 at 11:06 am

Description: Digestive symptoms include a wide variety of symptoms that affect the digestive or gastrointestinal system. The gastrointestinal system includes the throat, esophagus, stomach, small intestine, large intestine, anus, pancreas, liver, and gallbladder. Digestive symptoms can be due to a wide variety of mild to serious diseases, disorders and conditions. They can occur in all age groups and populations.

**April 20, 2015**

**Issue: Health Care**

Testimonials

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 20, 2015 at

Description: Luz Maria had did a phone interview with one of her health club coordinators, and spoke about how she got into nutrition and started losing weight. Every Monday, Luz Maria does these types of shows because she thinks it helps listeners motivate themselves by listening to other testimonials.

**April 21, 2015**

**Issue: Health Care**

Arthritis

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 21, 2015 at 12:05 pm

Description: Arthritis is inflammation of one or more of your joints. The main symptoms of arthritis are joint pain and stiffness, which typically worsen with age. The most common types of arthritis are osteoarthritis and rheumatoid arthritis.

**April 21, 2015**

**Issue: Health Care**

Protein for children

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 21, 2015 at 12:27 pm

Description: Protein requirements depend on a child's age and weight. For example, the average 4-6 year old preschooler requires about 22 grams of protein a day, while an older 7-10 year old requires about 28 grams of protein a day. Making things a little more complicated, protein requirements also depend on the 'quality' of protein your child eats and how easily digestible it is. In general, animal proteins, such as from milk, eggs, and meats, are considered highly digestible and higher quality than plant sources of protein. You don't have to worry about this though, as long as you vary which protein foods your child eats. Even if your child only eats plant sources of protein, as long as you pair them, such as by eating grains and legumes, you can get the right amounts of proteins in your child's diet.

**April 22, 2015**

**Issue: Health Care**

Hepatitis C

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 22, 2015 at 11:09 am

Description: Hepatitis C is an infection caused by a virus that attacks the liver and leads to inflammation. Most people infected with the hepatitis C virus (HCV) have no

symptoms. In fact, most people don't know they have the hepatitis C infection until liver damage shows up, decades later, during routine medical tests.

**April 22, 2015**

**Issue: Health Care**

Arthritis

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 22, 2015 at 12:03 pm

Description: Luz Maria mentioned that California is the state with the most Arthritis issues. Osteoarthritis. This is the most common type of arthritis. It occurs when the cartilage covering the end of the bones gradually wears away. Without the protection of the cartilage, the bones begin to rub against each other and the resulting friction leads to pain and swelling. Osteoarthritis can occur in any joint, but most often affects the hands and weight-bearing joints such as the knee, hip and facet joints (in the spine). Osteoarthritis often occurs as the cartilage breaks down, or degenerates, with age or overuse. For this reason, osteoarthritis is sometimes called degenerative joint disease.

**April 23, 2015**

**Issue: Health Care**

Vitamin B and Vision

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 23, 2015 at 11:20 am

Description: Several vitamins in the B vitamin group have shown to be beneficial to eyes and improved eyesight. Vitamin B2: beneficial to the cornea in the form of an eye drop. Vitamin B2 deficiency can lead to dimmed vision, along with red, itchy, burning eyes. Vitamin B6: can prevent macular degeneration when taken in conjunction with vitamin B12. Vitamin B6 also helps absorb magnesium, which is used to help the production of tears. Vitamin B12: studies have shown that it can help prevent macular degeneration when taken with B6. Vitamin B12 has also been shown to help prevent glaucoma, which is the loss of peripheral vision due to optic nerve damage.

**April 23, 2015**

**Issue: Health Care**

Bad circulation

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 23, 2015 at 12:27 pm

Description: A high-calorie intake combined with a lack of exercise leads to more weight than the body can deal with, so it's no wonder your heart has trouble getting blood to it. There's

no magic fix for this one. The key is to reducing obesity is by having a healthy diet, including plenty of fruit and vegetables and avoiding trans fats at all costs.

**April 24, 2015**

**Issue: Health Care**

Low pressure

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 24, 2015 at 11:20 am

Description: Mildly low blood pressure, or hypotension, may be a sign of good health and a decreased risk of heart disease, but in some people, hypotension can be a problem. At

times, continually low blood pressure or a sudden drop in blood pressure can lead to worrisome symptoms and even serious health problems.

**April 24, 2015**

**Issue: Health Care**

Fibromyalgia

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 24, 2015 at 12:25 pm

Description: Fibromyalgia syndrome affects the muscles and soft tissue. Symptoms include chronic muscle pain, fatigue, sleep problems, and painful tender points or trigger points, which can be relieved through medications, lifestyle changes and stress management.

**April 27, 2015**

**Issue: Health Care**

Beans

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 27, 2015 at 11:04 am

Description: Many Hispanic families add beans to their everyday menu. It's good to eat beans (fried) meats and chili, but not everyday.

**April 27, 2015**

**Issue: Health Care**

Testimonies

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 27, 2015 at 12:05 pm

Description: Monday of testimonies, where one of her social media clubs, were invited live in the studio and tell the audience about how they began to follow nutrition and lost weight.

**April 28, 2015**

**Issue: Health Care**

Diabetes and healthy foods

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 28, 2015 at 11:33 am

Description: A listener wanted to know what foods could she take to improve her health due to diabetes. Luz Maria recommended to eat the following such as brown rice, anything made from corn, fresh vegetables, lettuces, greens, kale, spinach, arugula.

**April 28, 2015**

**Issue: Health Care**

Dr. Oz controversy

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 28, 2015 at 12:04 pm

Description: She spoke about the controversy that Dr. Oz has caused regarding being in favor of genetically modified foods and the promotion of weight loss pills, without doing any exercise. According to her, there are pills that can help out with weight loss, but its necessary for those who are taking pills, to exercise and eat healthy. There is no way you can lose weight only by taking pills.

**April 29, 2015**

**Issue: Health Care**

Rotating vegetables

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 29, 2015 at 11:25 am

Description: A listener wanted to know how good its to include vegetables in her everyday meals. Luz Maria pushes every single day to eat vegetables, but better yet, its always best to rotate them. For example, have a set of vegetables and fruits one day, the next another set of different vegetables and fruits, and so on.

**April 29, 2015**

**Issue: Health Care**

Acid Reflux

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 29, 2015 at 12:25 pm

Description: One common cause of this decease is a stomach abnormality called a hiatal hernia. This occurs when the upper part of the stomach and LES move above the diaphragm, a muscle that separates your stomach from your chest. Normally, the diaphragm helps keep acid in our stomach. But if you have a hiatal hernia, acid can move up into your esophagus and cause symptoms of acid reflux disease.

**April 30, 2015**

**Issue: Health Care**

Metabolism for diabetics

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 30, 2015 at 12:42 pm

Description: Be more active: Ratchet up your metabolic rate by getting more aerobic exercise at least 30 minutes, but preferably 60 minutes, on most days. Walking, jogging, aerobics classes, cycling, and swimming are great ways to get started. Have a lot of protein, and don't have as much bread, and when it comes to fruit, have small portions with almonds and kifer.

**April 30, 2015**

**Issue: Health Care**

Pre-Diabetes

Program: Curvas Peligrosas with Luz Maria Briseño

When: April 30, 2015 at 12:33 pm

Description: Weight control. If you're overweight, your pre diabetes is more likely to turn into diabetes. Losing even as little as 5% to 10% of your body weight makes a difference. Get moderate exercise for 30 minutes a day, such as cycling, swimming, or brisk walking. It helps prevent and manage diabetes, studies show. Aerobic exercise, the kind that gets your heart rate up, is ideal. If you're not active now, check with your doctor first. Nutrition. go for meals that mix low-fat protein, vegetables, and whole grains. Limit calories, serving sizes, sugar, and starchy carbs. Favor fiber-rich foods, which help you feel full and not eat too much.

**JUNE 1, 2015****Issue: Nothing to report**

Program: Alex El Genio Lucas

When: June 1, 2015

**JUNE 2, 2015****Issue: Nothing to report**

Program: Alex El Genio Lucas

When: June 2, 2015

**JUNE 3, 2015****Issue: Nothing to report**

Program: Alex El Genio Lucas

When: June 3, 2015

**JUNE 4, 2015****Issue: Nothing to report**

Program: Alex El Genio Lucas

When: June 4, 2015

**JUNE 5, 2015****Issue: Nothing to report**

Program: Alex El Genio Lucas

When: June 5, 2015

**JUNE 6, 2015****Issue: Nothing to report**

Program: Alex El Genio Lucas

When: June 6, 2015

**JUNE 8, 2015****Issue: Nothing to report**

Program: Alex El Genio Lucas

When: June 8, 2015

**JUNE 9, 2015****Issue: Health Issues**

Men and Itchiness

Show: Alex El Genio Lucas

When: June 9, 2015 at 6:07am

Description: Peel and cut into slices a cucumber, cut and extract the pulp from an avocado. Grind both in the blender and apply on the itchy area for 20 min and wash it off with cold water.

**JUNE 10, 2015****Issue: Nothing to report**

Program: Alex El Genio Lucas

When: June 10, 2015

**JUNE 11, 2015**

**Issue: Nothing to report**

Program: Alex El Genio Lucas

When: June 11, 2015

**JUNE 12, 2015**

**Issue: Role of Latinos in the community/local and political government**

Politics and corruption

Program: Alex El Genio Lucas

When: June 12, 2015 at 8 am

Description: An individual by the name of Mario who participates in Alex Eugenio giving out news talked about how Mexico was corrupted and influences Mexican citizens. He mentioned Mexicans keeps getting intrigued by the type of music or songs that they listen to that talk about violence and crime and that's what Mexican citizen will attract. Due to songs talking about money, guns, kidnapping and killing people believe it's trending. Just recently they discovered kids playing kidnapping games with fake guns bought by their parents. Mario also kept repeating that if this type of music or trend continues Mexico will never be a prosperous place and safe.

**JUNE 13, 2015**

**Issue: Local and national economy**

**Water drought**

Program: Alex El Genio Lucas

When: June 13, 2015 at 6:58 am

Description: California is a state in United States that is suffering water droughts and the Government or President Obama have not done anything to help this state This winter in California did not rain like it did previous years helping our water system, as a matter of fact it's been hotter than other years. The government spends millions of dollars on sending troops to war and buying weapons. Also Californians residents pay much more for their water bills for the first time in History. In addition Mario Explains that instead of Obama spending so much money in fighting he should help a state that is in need in of help. He argues that as just as he fights for an army to be at war he should be fighting for California to better our water system.

**JUNE 15, 2015**

**Issue: Nothing to report**

Program: Alex El Genio Lucas

When: June 15, 2015

**JUNE 16, 2015**

**Issue: Nothing to report**

Program: Alex El Genio Lucas

When: June 16, 2015

**JUNE 17, 2015**

**Issue: Nothing to report**

Program: Alex El Genio Lucas

When: June 17, 2015

**JUNE 18, 2015**

**Issue: Nothing to report**

Program: Alex El Genio Lucas

When: June 18, 2015

**JUNE 19, 2015**

**Issue: Nothing to report**

Program: Alex El Genio Lucas

When: June 19, 2015

**JUNE 20, 2015**

**Issue: Nothing to report**

Program: Alex El Genio Lucas

When: June 20, 2015

**JUNE 21, 2015**

**Issue: Nothing to report**

Program: Alex El Genio Lucas

When: June 21, 2015

**JUNE 22, 2015**

**Issue: Health Issue**

**Eliminate salt & grease in body**

Program: Alex El Genio Lucas

When: June 22, 2015 at 7:10 am

Description: Boil a liter of water and add a couple of pieces of parsley. Let it rest for about 1 hour, then strain it and lemon juice at the end.

**JUNE 23, 2015**

**Issue: Nothing to report**

Program: Alex El Genio Lucas

When: June 23, 2015

**JUNE 24, 2015**

**Issue: Health Issue**

**Cold/Flue**

Program: Alex El Genio Lucas

When: June 23, 2015 at 8:06 am

Description: Make yourself a natural orange juice and add a small piece of cactus to it. Then, drink it early in the morning, without having any breakfast.

**JUNE 25, 2015**

**Issue: Nothing to report**

Program: Alex El Genio Lucas

When: June 23, 2015

**JUNE 26, 2015**

**Issue: Nothing to report**

Program: Alex El Genio Lucas

When: June 26, 2015

**JUNE 27, 2015**

**Issue: Nothing to report**

Program: Alex El Genio Lucas

When: June 27, 2015

**JUNE 28, 2015**

**Issue: Nothing to report**

Program: Alex El Genio Lucas

When: June 28, 2015

**JUNE 29, 2015**

**Issue: Health Issue**

**Bad breath**

Program: Alex El Genio Lucas

When: June 29, 2015 at 8:06 am

Description: Wash, cut and peel half an apple, cut in two an orange and extract the juice, wash some spinach. Add all the ingredients to the blender. Drink this juice 3 times a week.

**JUNE 30, 2015**

**Issue: Health Issue**

**Gastritis**

Program: Alex El Genio Lucas

When: June 30, 2015 at 7:12 am

Description: Extract the juice from a green coconut, cut a slice of papaya. Blend these two in the blender and drink for 15 days, then stop for 15 days, and continue again for 15 days.

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